

May 2017 Issue Volume 4



FAMILY SUPPORT Institute of BC

families supporting families

HOW CLS & FSI ARE CONNECTED

The CLS contracts with the Family Support Institute (FSI) to provide support to families connected to our organization. As provincial support organization, FSI is able to match the family support worker to the needs of the family. FSI has a large parent resource network and where appropriate, support may involve a combination of professional and family-to-family support. Given FSI has a broad geographical network, it will be able to provide in-person support in many locations.

As always the support provided will be confidential and personal information will only be shared with a CLS representative when the family has given written authorization to do so.



The Family Support Institute's philosophy is rooted in the following beliefs:

- All people have gifts and strengths to contribute to society
- Parents are the experts when it comes to understanding their own children
- Families are a unique and valuable resource to one another
- Informed, involved, and confident parents are the most effective agents for social change on behalf of their children
- All people have a right to be valued and to belong

THE MISSION OF FSI

The purpose of the Family Support Institute is to strengthen and support families faced with the extraordinary circumstances that come with having a family member who has a disability. We believe that families are the best resource available to support one another. Directed by families, the Family Support Institute provides information, training, and province-wide networking to assist families and their communities to build upon and share their strengths

FSI VISION

All families throughout British Columbia are supported, connected and leading meaningful lives in communities that equally value their citizens.

To Contact FSI:

Phone: 604-540-8375

www.family supportbc.com

The Family Support Institute of BC (FSI) has been chosen by the CLS to provide family support to CLS families on a contract basis. FSI is independent of the CLS and all communications are considered confidential unless otherwise agreed upon.

ABOUT FSI

The Family Support Institute (FSI) is a provincial non-profit charitable society registered in 1985. FSI was created to strengthen families faced with the extraordinary circumstances that come with having a family member who has a disability.

Directed by families, the Family Support Institute assists and supports approximately 10,000 families who have a family member with a disability each year. This support stems mainly from our large volunteer network of over 200 Resource Parents (RPs) and Resource Family Members (RFMs)



When Do I Have Time For ...? SELF-CARE REVOLUTION by the Family Support Institute

Our society has turned into the most over-stressed, over-worked and most medicated ever in history. We seem to celebrate running on empty. We need to find balance in our lives. How often do we neglect our own need for a few moments to think, breathe, read, write, draw, walk, paint or anything else that helps us relax. To be able to meet the needs of everyone and everything else, we need to have the time to re-energize, even if it's done in small moments. The solution is as simple as realizing our self-time is just as important as food and sleep. The rewards will be worth it. Think of it as plugging yourself in to get the energy so you can go out and tackle what the world has in store for you.

We may think we do not have the time because our belief is that our family needs us. Our family will need us today, tomorrow and the next day too, not leaving a spare moment. Will we be able to be there for them if we are not taking care of ourselves? If we are constantly depleting ourselves, we will not be there and certainly not in the best capacity that we could be. To be the best we can be, we need to treat ourselves with compassion and love.

Putting your self-care above everything else so you can be the best for your family and friends is essential. Most importantly, you need to become your top priority. As parents, we typically put the children first. Many women are natural nurturers and often put everyone else first and we come last, even after the dog or the cat. This needs to change. Self-care is an act of loving and nourishing yourself. You

need to set boundaries and take care of you - your well-being and health depend on it.

Self-care is about creating a better relationship with yourself, becoming your own best friend. When you have done that, other relationships will follow suit. When taking care of a home, you would clear out the garbage, clean, scrub, make it comfortable and beautiful. Take care of your inner home so you feel nourished from within, a sort of interior spring cleaning.

Ask yourself, what needs your attention at this time in your life? Try to think about the next 3 months (not the whole year) like your marriage, school, work, relationships, and financial, emotional, spiritual or physical health.

What do you need to make this happen? Perhaps things like a babysitter, signing up for a course, discussions with your partner, etc. What are the most vital areas right now?

Once you've made your list, pick the top five priorities. Re-order it if necessary in order of importance. Are you at the top of your list? Remember, you will be better to everyone else if you are good to yourself first. Now that this is done, print it out and put it where you will see it on a regular basis like your bathroom mirror, the dash of your car or near your computer screen.

We need to start a **SELF-CARE REVOLUTION!**

There are many ways that you can practice self-care. Here are a few suggestions:

- Have a massage.
- Learn to say no. This habit takes a while to break, so be gentle with yourself.
- Meditate – retreat into silence.
- Take a bath.
- Sing or listen to music.
- Catch up with an old friend or even not so old friend – someone that is positive and lifts you up.

The above is an excerpt from the Family Support Institute Wellness Booklet "When Do I Have Time...? For Wellness". You can access the complete booklet here <http://www.familysupportbc.com/resources/fsi-wellness-booklet>. Please note that the article has been slightly modified to better reflect the audience of our CLS families.



Upcoming Person Centered Active Support (PCAS) Information Sessions

Thursday, April 27, 2017 from 530-730pm

at CLS Admin Centre:
7th Floor - 713 Columbia Street, New Westminster

To R.S.V.P, please contact Roxanne Wiseman
rwiseman@communitylivingsociety.ca or call 604.517.2032

“ other things may change us,
but we start and end with *family*”



The CLS is proud of our family based history and we continue to ensure that families are represented in our initial "Beliefs and Values" training session for all new CLS employees.

We are currently looking for additional family members from our Individualized Supports (I.S.) and Vocational Community Inclusion programs who are willing to assist with this training.

Note: This is a paid opportunity

Find out more by contacting Roxanne Wiseman at 604-517-2032 or email at rwiseman@communitylivingsociety.ca

Family Support Institute in partnership with KMK Law Corporation Present ...

DISABILITIES AND ESTATE PLANNING RECORDED WEBINAR



KEN M. KRAMER, Q.C.

Mr. Kramer is the founder of KMK Law Corporation. His practice includes estate planning, administration, litigation and mediation.

Access the free recorded webinar here:

<https://vimeo.com/208379470>



FAMILY SUPPORT
Institute of BC
Friends supporting families

KMK Law Corporation

Barristers & Solicitors

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You can find current and back dated copies of the Family Matters Newsletter on our website, go to About-Us, Publications and choose the newsletter you'd like to read

Disclaimer: The views expressed in this newsletter are of the individual writers and do not necessarily reflect the views of the CLS as a society.